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## Eating Smart—Being Active Class

As part of the Minority Health Initiative, a new cooking class was held in Imperial this year. People of Hispanic descent are predisposed to diabetes at younger ages than some other populations. This class was designed to teach them cooking styles and activities that would improve their health and reduce their risk of diabetes. Community Health Worker Julia Maddux taught the class in Spanish, with materials provided by the Eating Smart—Being Active program and assistance from Health Educator Crystal Lakey. The class met once a week at lunchtime over the course of 9 weeks to practice cooking healthy recipes and learn simple exercises.

The students who participated in the class achieved success lowering their weight and maintaining lifestyle changes at 6 months. Two of the students also lowered their cholesterol levels, and commented, “I enjoyed the class so much, and was very excited to see my cholesterol was better.”

Health screenings were also conducted at several local employers and area churches in the counties with a minority population of at least 5%. Screenings included lipid and glucose levels, health education and chronic disease risk assessment.

Tobacco Quitline Calls per County:  
July 2017 - June 2018



Chase	1	Dundy	4	Frontier	4
Furnas	5	Hitchcock	3	Perkins	1
Hayes	0	Keith	11	Red Willow	8

# Community Programs that Make a Difference

## Respite Services

Families often feel high levels of emotional, physical and financial stress when they care for someone with special needs in the home. Because of the demands, many families do not have the occasional short term periods of rest and relief that are so important to everyone's health and family stability. By providing breaks to the family, respite services are a vital support to the ability of families to provide continued care in the home. Respite services provide temporary, short-term care for families in crisis, caregivers of adults and children with disabilities or special needs persons with Alzheimer's, frail elderly, or families simply needing a break.

The Nebraska Respite Network Southwest Service Area is one of 6 service areas in Nebraska. The Nebraska Respite Network offers information and referral services for families and potential or current respite providers. Eighteen counties make up the Nebraska Respite Network Southwest Service Area.

Throughout the state the push in Respite this year was to participate with UNMC-Munroe Meyer Institute representatives to replicate outcome-based employer engagement activities into workplace wellness and human resource supports utilizing the model piloted at UNMC-Munroe Meyer Institute that demonstrates an increase in awareness of employee family caregiver issues. Each region worked with a minimum of two businesses to get information out to caregivers in the workforce.



## NE Kids Fitness & Nutrition Day

We held our annual Nebraska Kids Fitness & Nutrition Day (NKFND) event for 4<sup>th</sup> grade students at two locations this year. The McCook event was held at the Peter & Dolores Graff Event Center/McCook Community College. Perkins County Schools in Grant hosted for schools in the Mountain Time Zone.

A total of 623 students, teachers, dieticians, and volunteers were involved with these two events held in October 2017. NKFND was created by UNK and the Nebraska Beef Council, to address obesity in children. We co-chair this event with McCook Public Schools, Perkins County School and other strong local partners. These fourth grade students wore their



NKFND T-shirts to participate in 14 physical activities and six nutrition stations. Instructors for each station are assisted by high school students or community volunteers to provide a high energy learning environment. The curriculum involves targeted concepts using My Plate guidelines and creative fitness activities that reinforce new knowledge. Sponsors giving \$100 or more are recognized on the back of the participant and volunteer T-shirts.

## Mental Health First Aid

The purpose of this contract is to increase Local Health Departments' capacity to address behavioral health needs. QPR is a FREE training that teaches community members how to recognize and intervene to keep a suicidal person safe by recognizing the warning signs of a suicide crisis and how to: Question, Persuade, and Refer someone to HELP. SW NE Public Health Department offered 5 trainings in Ogallala, Trenton and Cambridge in FY18.



## VetSET Project

VetSET Nebraska is one of only 5 rural Veteran Coordination Pilot Projects awarded nationally from the VA Office of Rural Health. The purpose of these pilot projects is to discover ways to support Veterans and their families who reside in rural or underserved areas of the United States.

The overarching mission of our project in Nebraska is to ensure Veterans returning to their homes in rural NE communities receive support and linkage to resources, so they may successfully reintegrate into their families, their communities and their support systems.

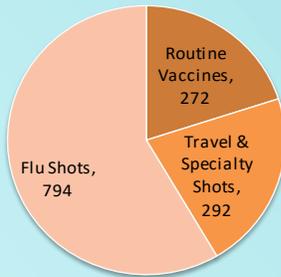
Rural veterans, service members, and their families face unique challenges and barriers to care. VetSET Nebraska is bridging the gap growing and connecting community resources to better serve this population. We are increasing community awareness, building collaboration, and connecting rural veterans, service members, and their families to local support by posting on social media.



## Clinic Services to Prevent Disease

In order to prevent the spread of infectious disease in southwest Nebraska, the health department provides immunizations and investigates cases of reportable diseases. There were a total of 606 investigations completed during the fiscal year (see chart).

Immunizations are provided at reduced or no cost to uninsured or under-insured persons through Nebraska's Vaccines for Children and Adult Immunization Programs. The majority are routine vaccines and flu shots, and the rest are specialty shots recommended for those who are traveling or at increased risk of exposure to a certain



Preventing chronic disease was also a major focus of health department activities. Health fair lab draw prices are offered daily to encourage people to know their risk of chronic disease by getting preventive screenings for cholesterol, glucose, A1C, and PSA.

The Health Hub program provided health coaching and cancer screening navigation to age-specific populations. 30 women referred by the Every Woman Matters program received health coaching, and 14 were referred from local screening venues where women filled out health

disease, like rabies. The vaccination rates for children in the health district are admirable. There are few routine shots given to young children at the health department because the medical providers and clinics in the health district do such a good job performing immunizations at wellness appointments.

Several schools in the health district were taught handwashing with "Mr. Glitterbug," who shows them how well they did removing germs. The Center for Disease Control states handwashing is one of the best ways to prevent the spread of disease.



assessments and participated in finger-prick cholesterol testing.

Health coaching assisted clients to make goals and lifestyle changes around nutrition, physical activity, tobacco cessation and monitoring blood pressure. 14 clients successfully completed 3 months of self-monitoring blood pressure.

The Nebraska Colon Cancer Screening program provided FOBT home test kits, 70 of which were handed out to men and women 50 to 74. The health department followed up with those who received kits, and had an excellent return rate of 62%.

### Reportable Disease Cases July 2017 - June 2018

Adenovirus	1
Anaplasma	1
Animal Bite	18
Astrovirus	5
Campylobacter	12
C-diff	3
Cryptosporidiosis	7
E Coli	19
EAEC	2
EPEC	13
ETEC	1
Giardiasis	5
Hepatitis B	18
Hepatitis C	82
Histoplasmosis	2
Influenza A	1
Lead Poisoning	233
Lyme Disease	5
Mercury Poisoning	2
Mycoplasma	1
Mycobacterium Avium	4
Norovirus	24
Pertussis	3
Pseudomonas	3
Q Fever	1
Rabies	24
Rocky Mountain Spotted Fever	3
Salmonella	33
Serratia	1
Saprovirus	10
Shigella	1
Shingles	3
Staphylococcus Aureus	6
STEC	10
Strep Pneumonia	24
Tuberculosis	6
Toxoplasmosis	1
Typhoid Fever	1
Varicella	5
West Nile Virus	8
Vibrio Cholera	2
Yersiniosis	2
<b>Total</b>	<b>606</b>



Left to Right: Helena Janousek, Respite Coordinator; Crystal Lakey LPN, Health Educator; Joy Trail, Program Assistant; Melissa Propp RN, Public Health Nurse; Sheila Eden, Program Assistant; and Myra Stoney, Director.

## Radon

Because radon gas is a leading cause of lung cancer, the health department promotes testing homes for radon. DIY test kits are sold for \$10, and 96 kits were sold this year. 1 in 2 homes tested in Nebraska have radon levels over 4.0, which is the level that requires mitigation—installing a system to remove the radon gas from the home. Average results by county are:

- Chase County Average: 4.94**
- Dundy County Average: 14.1**
- Furnas County Average: 5.3**
- Hitchcock County Average: 3.35**
- Keith County Average: 3.0**
- Red Willow County Average: 5.42**
- Frontier, Hayes, Perkins Counties: No Data**

## Walk to Health Partnership

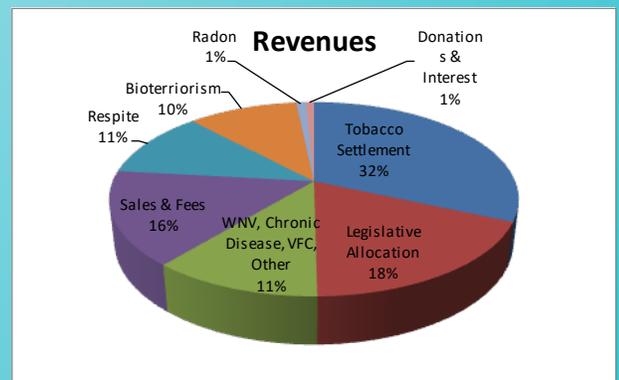
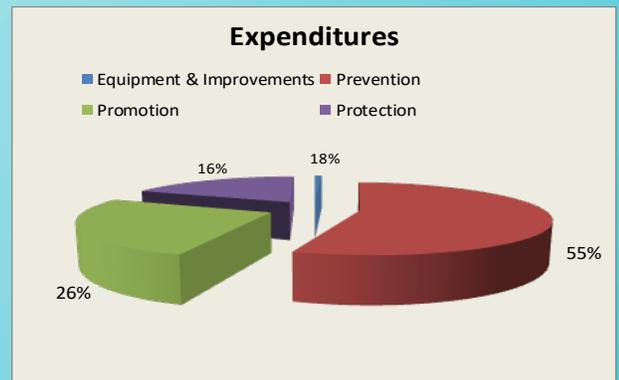
The annual 12 week walking program benefited from a partnership with Community Hospital's Wellness for Life program, which gave participants access to a health app called MoveSpring. Users connected their step tracking device to the app on their phone or computer and could see their progress and total steps.

There were 420 walkers that used the app and 23 that used paper walking journals, an increase of users from last year. The Million Step Club also gained new members, with a total of 112 people receiving a special gift from Community Hospital for reaching a million steps by the end of the 12 weeks. Prizes were also given to the individual and team with the most steps, both of which were Trent and Jody Spady of Imperial.

Many of the participants shared that the program helped them to stay motivated and increase their activity level, with several commenting that they experienced benefits such as weight loss and improved health.

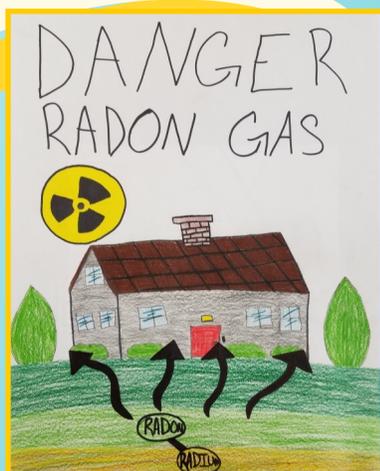


## Financial Report July 2017—June 2018

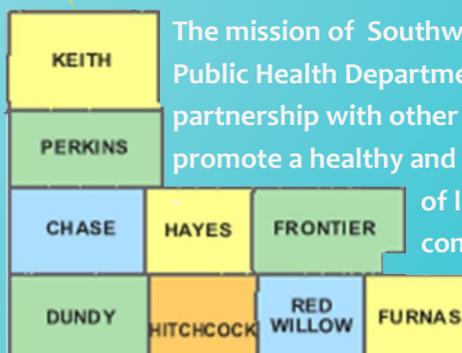


\*Audited as of 11/2/2018

2017 Radon Poster Contest



1st Place Winner Age 13-14  
Sarah Cockerill, Perkins County



The mission of Southwest Nebraska Public Health Department, in partnership with other entities, is to promote a healthy and secure quality of life for our communities.

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